

## ABSTRACT OF THE DISCLOSURE

A light treatment apparatus includes a light source and a preliminary light generator. The light source is disposed in a casing for generating a predetermined number of primary light pulses of a predetermined first duration, first light intensity, and total energy. The preliminary light generator is mounted to the casing for generating at least one preliminary light pulse having a sufficient intensity to activate a light limiting reaction in protective eyewear of a user prior to the generating of the primary light pulses.